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PROGRESS REPORT:
ALTERNATIVE MENTAL PROCESSES FOR ENHANCED CREATIVITY

by Jerry Krochmal and Bob Johnson

We are engineers, in our early to mid-50s, who were able to embark upon new careers about 15 years ago. We became part-time internal organizational development practitioners and have worked with career and life planning, process observation/consultation, third party conflict interventions, planning methodologies, creativity, listening skills, management development, team building, etc. In May 1987, we each attended the Monroe Institute's *GATEWAY VOYAGE*® program.

For the purposes of our TMI-approved study, we ordered the following *GATEWAY EXPERIENCE*® tapes in the summer of 1987: 13 each of *DISCOVERY* #1 and #2; 4 each of *DISCOVERY* #3, #4, #5, and #6; and 2 each of the remaining 30 tapes. In early August, we placed an announcement in an internal publication and met with the 20 respondees on 10 September.

[The announcement reads, in part:

"**IN-HOUSE GROUP LEADERS/LEAD SCIENTISTS**: It is suggested that the research process can be characterized as alternating periods of 'right brain' activity (e.g. imaging, dealing with spatial relationships, holistic idea generation) and 'left brain' activity (e.g. establishing criteria, analysis, application of logic, judging with respect to established criteria). Research over the past 10-15 years suggests that each of these categories of activity are seemingly optimized by different states of consciousness.

We recently returned from The Monroe Institute, an organization internationally known for its work in the effects of sound wave forms on human behavior. In its early research stages, the Institute discovered that nonverbal audio patterns had dramatic effects on stages of awareness and consciousness. Our goal is to... [enhance]... creativity and problem solving. If you are interested in being part of a pilot group, read on... "]

Prior to the 10 September meeting, TMI Projects Director Leslie France provided us with copies of various TMI release forms and we came up with a name for the program (our organization is big on acronyms... hence the long-winded name shortens to the AMP Program). On 10 September we described the kind of home "study" program we envisaged and the hoped-for creativity related outcomes. We also spent considerable time describing the genesis of the Hemi-Sync tapes and The Monroe Institute, and some of the findings from the use of the tapes in elementary schools in Virginia and Washington state.

[see *Learning and Memory/Education/Breakthrough 1986-1 Hemi-Sync® in the Classroom - Jo Dee Owens]*

We handed out some reading material, discussed alternatives regarding home equipment needs, and told everyone they had two days to decide on their future involvement. Within two days, all but one or two signed their release forms, our secretary drew names from a hat (thus numbering the 20 participants), and the first 13 received two tapes, DISCOVERY #1 and #2 (D-l & D-2 or *Orientation* and *Intro Focus 10*).

Meetings (attendance optional) have been held every two weeks, at which time attendees are invited to share the number of the tape they're currently working on, their experiences while listening to tapes, and their experiences in other phases of everyday life that they think are being impacted by their involvement in this program. While a recommended tape sequence was provided to all members at the second or third meeting, members are free to chart their own courses and check out the tapes they want when they want them (given the issue of limited availability).

Results

Results to date are varied (except regarding the character of the membership—not one in-house group leader or lead scientist signed up for the program). Therefore, we will indicate results by means of descriptions of typical and not-so-typical cases:

Member A: An engineer, in his early 40s. He hesitates to move to tape D- 2 because he hasn't "mastered" tape D-l (he experiences no sensations at Focus 3). He thinks his memory has improved. After hearing others' experiences at the last meeting, he noted his intention to stop worrying about Focus 3 and move to tape D-2.

Member B: A woman, chemist, early 40s. She experienced considerable discomfort at Focus 10 (severe body vibrations and "jerks"). She also experienced what sounded like a near separation from her body... and she's frightened. She is now convinced that she has control over what she chooses to have happen to her and she plans to resume work with D-3 because of words she's heard relative to the importance of the Rebal.

Member C: A logistician, mid-40s. He experienced major changes in his life after Focus 3. These include improved memory, enhanced concentration/focus, and the ability to handle certain job tasks in 1/4 to 1/2 the time these things used to take. He dislikes Focus 10, enjoys Focus 12, and is currently working with *NVC I*. His response to certain group members, who spread caution about encountering evil, is very firm and assured: he will believe nothing, nor does he intend to anticipate anything, that he hasn't experienced for himself. He indicates his life has taken on promise not heretofore available. He lately finds himself ignoring tape instructions. He handles the Energy Conversion Box in 1 second, enjoys about 1/2 to 1 minute

of Resonant Tuning, pops his Rebal instantaneously, handles the Affirmation in 1 second of "seeing," feels himself already at 10, moves to 12 and proceeds to do his own thing. He hasn't sought answers to anything yet. He's just enjoying life right now.

Member D: An engineer, late 40s. He's unable to work the tapes at home owing to fears, concerns, and demands of his wife. Without her knowledge, he listens to tapes at work, during lunch, in a private conference room. Now on D-3, he reports sharply improved concentration and sharper senses (hearing, seeing, general awareness).

Member E: An engineer, mid-30s. He's currently on D-4 and reports a major change at work. When he now enters a meeting, he has more confidence than ever before because he feels he's focused.

Member F: This engineer, late 50s, has ignored the tape sequence and has only listened to *Catnapper*. He is now able to sleep at night, feels more rested and less tense than ever, and is about to start the tape series. He admits to having been stalling owing to fear. His parents were psychics and he's afraid of the evil whatevers out there that he might meet, see, or experience. (He didn't get *Catnapper* from us! Where did it come from?)

Member G: This scientist, late 40s, is a psychic, an astrologist, gives readings, etc. and has done so for years. Other program members do not know this. He came into the program out of curiosity and privately reports better sleeping as a result of Focus 3. His busy schedule has kept him from doing more and his only inputs at our meetings are those of cautioning others that their motives must be pure/noble and they should take the Rebal seriously, because he knows they will need it (he privately notes he's been using an equivalent screen from the Rosicrucian framework which he thinks might be better than the Rebal because his screen is closed at the top of the head and at the soles of the feet).

Member H: A research engineer, early 30's. She is able to induce Focus 10 easily and knows she is there by virtue of mild pressure at her temples. She reports a sharply improved game of tennis owing to a very recent phenomenon: the ball seems to slow down, sometimes stops in mid-air, she sees its surface quite clearly, and has ample time to prepare to hit it. We got her *Love Tennis* and we'll see what happens next.

We could continue, but it would be repetitious. Generally, members enjoy Resonant Tuning and experience a sense of well being from it and the tape processes. About five members haven't attended any meetings—that's their choice and that's OK.

Another member, since experiencing an OOBE, is playing in that arena and doesn't come to meetings any more. He and member "A" each have teenage sons who have learning disabilities—and we know they're introducing their sons to Hemi-Sync during periods of study (we suggested *Metamusic Blue*) and at night when sleeping (we suggested *Surf*).

We will soon be “advertising” the program again because tapes D-l and D-2 are again available. We don’t know if the meetings will continue to meet members’ needs when people with widely divergent tape experience levels will be present... and that’s OK. We might consider asking those who might no longer attend meetings for a brief, once-a-year recap of their experiences.

We hope this gives you a clear idea as to how we started, how we’re operating, and the things that are happening.

[A recent phone call revealed that 45 persons are currently involved in this study.]

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